

My Story

1. Among all your skills and talents, which ones require the most concentration and self-control? What would happen if you didn't put forth that effort?

Digging Deeper

2. Read Proverbs 25:28. Why are boundaries important in both a city and a person's behavior? How can unchecked emotions or desires break down a person's defenses?
3. How does Proverbs 14:29 advise handling anger, and why is this a matter of self-control? What additional instruction do we find in James 1:19-20?

4. Read Proverbs 16:32. How does being slow to anger (patient) reflect inner strength more than physical victory? Why might someone need more courage to control their temper than to fight a battle?

Reflection

5. Why might someone who lacks self-control experience chaos in their life? How can one begin to rebuild self-control after recognizing its absence?
6. How do you react when someone offends or frustrates you, and what would self-control look like in those moments? Why is it sometimes easier to manage others than to manage yourself?

SERMON NOTES

Cruise Control or Self-Control? – Galatians 5:23

Taking the Next Step

To grow in self-control, try to reflect before reacting. Take time to understand your feelings and the situation. Responding thoughtfully helps you stay in control of yourself, even when you can't control others.

Praises / Prayer Requests

